

## Cheng Tan-An's Treatment of Shang Han Diseases

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**Abstract:** The following is a translation of the famous Cheng Tan-an's treatment of the Six Phases of a Cold-induced disorder with acupuncture. As such, this is the first time detailed acupuncture protocols for the treatment of the Six Phases have been available in English. Cheng Tan-an's acupuncture treatments are quite sophisticated in their theory and elegant in their simplicity. Cheng Tan-an is regarded by many as the father of modern Chinese acupuncture.

**THE SIX PHASES** of a Shang Han (Cold Injury) disease are one of the oldest categories of pathogenesis and pathophysiology in Chinese medicine. Below is a translation of "The Categories of Injury Due to Cold" by Cheng Tan-an from *Cheng Tan-An's Selected Acupuncture/Words/Quotations (Works)*. The Six Hands/ Four Yin and Yang Channels are first described in the *Nei Jing*. In the late Han dynasty, Zhang Zhong-jing used the same terminology to describe the Six Phases of a Cold invasion in his justly famous *Shang Han Lun (Treatise on Cold Injury)*. Some practitioners of Oriental medicine feel that the Six Channels and Zhang's Six Phases are completely separate theories and that the first is germane only to acupuncture and the second only to herbal medicine. Others, such as Cheng Tan-an as described herein, do posit a direct relationship, both in terms of disease mechanisms and treatment between these two. Cheng Tan-an was a famous practitioner of acupuncture in the

lower Yangtze River Valley during the first half of the twentieth century.

Although most entry level, professional acupuncture exams include questions on the Six Phases of Shang Han disease, I am not aware of any other detailed description of their acupuncture treatment in English until now. As such, I believe this is an important translation which significantly adds to the clinical knowledge of acupuncture in America. In addition, it is a good example of an acupuncturist's acupuncture as opposed to the more herbalized contemporary TCM approach.

### SHANG HAN MEN The Categories of Injury Due to Cold

#### 1. Tai Yang Disease

**Pathogenesis:** Due to weakness of the body Qi, invasion of Wind Cold through the Surface<sup>1</sup> leads to blockage of the pores and results in disease due to internal accumulation of Wind Cold (Evil). This is the first stage of Wind Cold invading the body and causing a complaint.

**Signs and Symptoms:** Stiff, painful neck or body aches, aversion to Cold, fever with or without perspiration and even during high fever, a floating and slow or floating, loose pulse, a white tongue coating, no pronounced thirst, and preference for hot drinks (warm) thirst (is felt).

**Treatment:** Needles are retained & twisted (preferably slowly) to the depth and for the

duration indicated in the following points:

GV-16 (Fengfu): 3-3.3 fen, 3 minutes

LI-4 (Hegu): 3-3 fen, 3 minutes

ST-4 (Tongxi): 1 fen, 3 minutes

**Adjunctive Therapy:** Radix *Astragalus* *Limonis* cubebae 3 qian<sup>2</sup> (and) green scallian heads 5 pcs. Decoct (the whole into) a tea. The patient should be covered with quilts in order to cause perspiration.

**Prognosis:** Good. (There are two possibilities for the evolution of this condition. It may be transmitted) into either the Shao Yang or Yang Ming phases.

**Notes:** (According to the) *Shang Han Lun*<sup>3</sup>, "Gui Zhi Tang" is the (prescription of) choice at the onset of a Tai Yang disease. If (this) does not relieve the condition but it becomes aggravated, purgare GB-20 (Fangshi) and GV-16 (Fengfu) and then follow this by the administration of Gui Zhi Tang which should bring about complete recuperation." (According to) "Verities on Point Selection" in the *Yi Xin Ba Jiao*,<sup>5</sup> "On the first day of contracting a Shang Han (disease), needle GV-16 (Fengfu)." (And, according to) *Shi Yi De Xiao Fang*<sup>6</sup>, for the first couple of days of a Shang Han (with) headache and high fever, need CV-14 (Jueqi), CV-13 (Shangwan), and CV-12 (Zhongwan) (with) 30 cases respectively."

**Personal Notes by (Cheng) Tan-wei:** In 1927 I lived on 71 Shi St. in Szechu (Zhejiang Province). A person by the name of Kong, 29 years old, living in the same building lived a hard life. (He complained of) a severe headache, aversion to cold, and a high fever upon returning home on April 14th. My son and I went to his home to make a house call. His pulse was floating and his tongue (coating was) white. (I) needled GB-20 (Fangshi) bilaterally which relieved the headache instantly. (Then I) needled and moxibled BL-12 (Fengmen) bilaterally. He recovered within two hours after breaking out in a sweat. The decoction sent (to him free) by my son was just a soup made from (fresh) ginger and brown sugar.

### 3. Yang Ming Disease

**Pathogenesis:** Wind Cold Evil invades from the outside. Internally, the body Qi is weak and unable to defend. (Therefore,) the External

Evil invades (the Yang Ming) directly or through the surface, though the disease remains in the Tai Yang.

**Signs and Symptoms:** Distention and pain in the forehead and orbit of the eyes, fever without aversion to cold or slight aversion to Cold, strong Heat, thirst and a desire for cold drinks, (either) the presence (or) absence of sweat, a flooding, rapid pulse, a light yellow or deep yellow tongue (coating), halitosis, and rough breathing.

**Treatment:** Needles are retained and manipulated to the depth and for the duration indicated for the following points:

LI-3 (Shanglian): 2 fen, 2 minutes

LI-4 (Hegu): 1-5 fen, 3 minutes

LI-11 (Quchi): 0.5-1 cun, 3 minutes

ST-44 (Neiting): 3 fen, 3 minutes

ST-41 (Xuei): 3-4 fen, 2 minutes

**Adjunctive Therapy:** Powdered Gypsum fibrosum 5 qian, Herba menthae 5 fen, Radix glycyrrhizae 5 fen, Rhizoma anemarrhenae one qian. Decoct (the above ingredients) into a soup and take.

**Prognosis:** Good. (However, this condition may become) critical if Heat Evil penetrates to the Jue Yin phase.

**Notes:** (In the) *Shi Xin Ba Jiao*<sup>5</sup> it is recorded, "(The points on) the 'Secret of Qi', (i.e.) ST-16 (Ziguan), ST-37 (Shanjue), ST-39 (Xieju), LI-5 (Shanglian), and LI-8 (Xialian) are used to purge Heat from the Stomach." (In) "The Form of Zi Hong" (it is said), "(When) the Yang Ming has been affected for two days, GV-16 (Fengfu) should be searched for, and for the treatment of vomiting CV-13 (Shangwan) should be resorted to."

### 3. Shao Yang Disease

**Pathogenesis:** Wind Evil attacks the space between the muscles and fingers between the chest and diaphragm (and then) is situated half inside (and) half Outside.<sup>7</sup>

**Signs and Symptoms:** Unilateral headache, blurred vision, possible (sudden onset) deafness, a tendency to vomiting, fullness of the chest and costal region, alternating (feelings of) hot and cold, a bitter taste in the mouth, lower abdominal pain, possible diarrhea, a wiry, rapid, or thready, wiry pulse, (and) a

thin, white or thin, yellow tongue coating with a red tongue body.

**Treatment:** Needle the following points to the depth and manipulate for the duration indicated:

SI-3 (Zhongzhu): 3-5 fen, 3 minutes

GB-41 (Zhaohu): 3 fen, 3 minutes

LV-14 (Qimen): 3 fen, 2 minutes

PC-5 (Jianshi): 3-5 fen, 3 minutes

GB-44 (Zu Qiaoyin): one fen, one minute, followed by manipulation with 3 cones the size of millet.

**Adjunctive Therapy:** Radix bupleuri 8 fen, prepared Rhizoma glabellae 2 qian, Radix Scutellariae 1.5 qian, Radix glycyrrhizae 5 fen. Decoct (into) soup and take.

**Prognosis:** Good. (However, this condition may become) critical if the Evil enters the Jue Yin (due to) delayed or mismanaged treatment.

**Note:** (In) "The Parox of Xi Hong" (it says), "(For) deathness due to contraction of Sheng Han, needling BL-63 (Jiamen) and GB-2 (Tinghai) (restores the hearing) as directed on the wind." (According to) Yang Shi Zhi Zheng Zhong Yao, "(For) costal pain due to Sheng Han, needle SI-6 (Zhigou), LV-13 (Zhongwan), and GB-34 (Yanglingquan); bleed BL-40 (Weishang)."<sup>10</sup> (Whereas, in the) Yi Xue Gang Mu<sup>11</sup> (it is recorded), "(For) costal pain due to Sheng Han, select SI-6 (Zhigou) and GB-34 (Yanglingquan)."

**Personal Note by (Cheng) Fan-on:** My father once treated a neighbor named Xu who had a Shao Yang pattern with severe vomiting and inability to keep a decoction down. He (therefore) needled LV-14 (Qimen) & CV-12 (Zhongwan) which suppressed the vomiting instantly. (After that) an herbal formula was prescribed and the patient (subsequently) recovered.

#### 4. Tai Yin Disease

**Pathogenesis:** (This condition is) due to Internal invasion of Cold Qi, a cold and raw diet, exposure of the abdomen to Cold Damp Evil, Evil transmitted through the Yang Ming and then transformed into Heat, or simultaneous affliction with Tai Yang.

**Signs and Symptoms:** Vomiting due to fullness of the abdomen, inability to eat, abdominal pain, diarrhea without thirst, numb warmth of the hands and feet accompanied by aversion to cold, fever, and joint pain. The pulse is soft and retarded, soft and thready, or thready and wiry with (either) a white or yellow tongue coating.

**Treatment:**

Moxa SP-1 (Yishui): 3 cones

Needle SP-4 (Gongxun): 3 fen, 3 minutes with manipulation

Moxa SP-6 (Sanyinjiao): 3 cones

Needle CV-12 (Zhongwan)/GB-24 (Gan), manipulating 3 minutes followed by . . .

Moxa LV-14 (Qimen): 5 cones.

(If the pathogenic) Heat is transmitted through the Yang Ming, needle and manipulate the following for the duration indicated:

LU-1 (Zhongfu): one fen, one minute

SP-1 (Yishui): one fen, one minute

SP-6 (Sanyinjiao): 3 fen, 3 minutes

SP-2 (Dadu): 3 fen, 2 minutes.

**Adjunctive Therapy:** In those without symptoms of Heat, (suboptimal) Radix Aconiti 4 fen, Rhizoma Zingiberis 8 fen, prepared Radix Glycyrrhizae 3 fen, and Fructus Zizyphi sativae 5 pieces. Decoct (into) soup and take.

In those with Heat with strong thirst, a withered, yellowish tongue, (and) a flooding, rapid pulse, see Radix et Rhizoma Rhei 2 qian, Mirabilium 3 qian, and Radix Glycyrrhizae one qian. Decoct (into) soup and take.

**Prognosis:** Good. (However, this condition may become) critical in those with Heat so strong it agitates Liver Wind.<sup>12</sup>

**Notes:** (According to the) Wai Jing Hui Chuan,<sup>13</sup> "(In case of) injury (due to) Cold, Yin, Shao,<sup>14</sup> and abdominal pain, moxa the end of the upper cross of the lateral aspect of the small toe 3 cones. (For) men, moxa on the left; women, moxa on the right."

**Personal Note by (Cheng) Fan-on:** A woman by the name of Pi Pei-gu living in Wai (Ind) abdominal fullness, frequent pain, and spontaneous diarrhea without thirst. (I) needled CV-12 (Zhongwan), ST-25 (Tianshu), (and) ST-36 (Zusanli) and simultaneously used moxa on these points. The patient was cured the same day.

## 5. Shao Yin Disease

**Pathogenesis:** (In those with) Kidney Deficiency, External Evil is most liable to invade the Kidney channel. (In those with) Yin Deficiency, (the Evil) are drafted with Fire. (In those with) Yang Deficiency, (the Evil) are drafted with Water. If they are drafted with Water, this is due to Cold Transformation.

**Signs and Symptoms:** (With) drafting with Fire (there is) inactivity, insomnia, dry skin, short, frequent urination, a dry throat, and a deficient, rapid pulse. The tongue is bright red with scant moisture. (With) drafting with Water (there is the tendency to) close one's eyes and curl up, a feeble voice with shallow breathing, reluctance to talk, a heavy body, aversion to cold, abdominal pain, and possible diarrhea. The pulse is thready and slow (and) the tongue is pale (with) a white coating and no thirst.

**Treatment:** If the Evil is drafted with Fire, needle the following to the depth and manipulate for the duration indicated:

- K-1 (Yongquan) 3 in, 2 minutes
- K-4 (Zhaochi) 3 in, 3 minutes
- K-7 (Fuliu) 3 in, 2 minutes
- BL-47 (Zhiyin) one in, one minute
- BL-68 (Taogou) 3 in, 2 minutes
- HT-7 (Shenmen) 2 in, one minute
- K-3 (Taichi) 2-3 in, 2 minutes.

If the Evil is drafted with Water, treat the following points:

- BL-23 (Shenshu) 5-7 cones
- BL-43 (Gaohuang) 5 cones
- CV-4 (Guanyuan) 5-10 cones
- K-3 (Taichi) 3 cones
- K-7 (Fuliu) 3-5 cones.

**Adjunctive Therapy:** If the Evil is drafted with Fire, (use) Radix *Psoraleae albae* 2 qian, Gelatinum Asini 3 qian, Rhizoma *Coptidis* 5 in, Radix *Scutellariae* 8 in. Add two egg yolk to the above decoction. Decoct and take. If the Evil is drafted with Water (use) Rhizoma *Arietolides macrocephalus* 2 qian, Radix *Psoraleae albae* 2 qian, Sclerotium *Porus* 3 qian, Radix *Aconiti sinensis* 8 in, Rhizoma *Zingiberis recens* one qian. Decoct in boiling water and take.

**Prognosis:** (In those whose condition is) derived from Heat (with) tongue red, scorched,

and dry with dry, crystal urination, not good, (If) derived from Cold (with) cold feet (and) coldness reaching above the knee and sweat all over the head, not good. But, modification of CV-4 (Guanyuan) with up to 100 cones will probably salvage the crisis.

**Notes:** (According to the) Sheng Nuo Lun, "These people with Shao Yin disease with vomiting and diarrhea but without deadly cold limbs and with fever do not die. In those people whose pulse cannot be felt, more Shao Yin 7 cones.<sup>17</sup> Again, in those with a Shao Yin condition with diarrhea and feces mixed with pus and blood, acupuncture can be worthwhile."

Chang Qi-chi said, "It is advised to needle bilaterally K-21 (Yemen) which is located on the second vertical line on the abdomen 5 fen sent to CV-14 (Jueqi). Needle bilaterally K-6 (Jiaochi) located 2 cun above the internal malleolus."

Ko Yen-bo commented, "If the feces are mixed with pus and blood, it is also the result of Heat entering the Blood phase.<sup>18</sup> Needle CV-14 (Jueqi) in order to purge it. (This technique is derived from the rubric), 'Shao Yin is diseased but Jue Yin should be treated.' When Yin is Excess, the best way is to purge its son. Further, those with a Shao Yin condition with symptoms of diarrhea, and an astringent pulse, sweat so much they (must) change clothes from time to time. If such is not the case, warm up the Above<sup>19</sup> (by) moxa-ing CV-20 (Baihui)."

## 6. Jue Yin Disease

**Pathogenesis:** Being the utmost interior of the Six Channels, the Jue Yin is the terminus of Yin and the beginning of Yang. (Therefore), it is susceptible to the attack of Evil. (Its disease categories are subdivided into) Pure Yin condition, Pure Yang condition, and Mixed Yin and Yang condition. In general, the Pure Yin pattern is caused by the direct and far-reaching attack of Evil. The Yang pattern is due to the transference of Heat. (And) the Mixed pattern is a blend of Cold Evil which invades directly and Heat Evil derived (from other phases).

**Signs and Symptoms:** Pure Yang pattern: Staring straight ahead, inactivity, insomnia,



fever, no aversion to cold, hollowness, rough breathing, deadly cold limbs, (and) a burning sensation in the cardiac and chest region. The deeper the fever, the more serious the condition (ergo) surther mixed with pus and blood, erosion of the throat, and distension of the tongue. The pulse is wiry, rapid, and flooding or submerged rapid and unsmooth. The tongue body proper is red or even purplish or (there may be) a scarlet tongue with a yellowish coating.

**Pure Yin Pattern:** Deadly cold limbs, greenish, dark finger and toenails, rigidity of the abdomen, diarrhea with undigested grains, (and) sores and blisters on skin. The pulse can be either wiry, thready and retarded, or deep and wiry. The tongue is purplish and cold.

**Yin/Yang Mixed Pattern:** Pain and rigidity of the abdomen, deadly cold of the four limbs, alternating vomiting and diarrhea, a burning sensation in the cardiac region, thirst and a desire for cold drinks but vomiting upon ingestion, (and) insensibility and mental irritability. The pulse may be thready, wiry, or hidden or thready, rapid, and unsmooth. The tongue (coating) may be either yellowish or white with a scarlet body which appears moist (compared to the) dry mouth.

**Treatment:** Pure Yang Pattern—needle the following points to the depth and manipulate for the duration indicated:

- LV-1 (Dadun) one fen, one minute
- LV-4 (Zhongfeng) 3-5 fen, 2 minutes
- LV-14 (Qimen) 4 fen, 2-3 minutes
- HT-4 (Lingdao) 3 fen, 2 minutes
- BL-18 (Gushu) 3 fen, 2 minutes

**Pure Yin Pattern:** Moan the following:

- BL-18 (Gushu) 5-7 cones
- LV-2 (Xingjian) 3 cones
- CV-6 (Guanyuan) 7-15 cones
- CV-12 (Zhongwan) 5-7 cones
- LV-14 (Qimen) 5 cones

**Yin/Yang Mixed Pattern:** Needle the following points to the depth and manipulate for the duration indicated:

- LV-4 (Zhongfeng) 3 fen, 2 minutes
- HT-4 (Lingdao) 3 fen, 2 minutes
- CV-6 (Guanyuan) 5 fen, eccentric followed by rectification 5 cones

PC-5 (Jianshi) 3-4 fen, 2 minutes and moan with 2 cones

BL-18 (Gushu) 3-4 fen, 2 minutes.

**Adjunctive Therapy:** Pure Yang Pattern: (For those with) feces mixed with pus and blood, Cortex Phellodendri 2 qian, Rhizoma Coptidis one qian, Cortex Fraxini one qian, (and) Radix Angelicae sinensis 2 qian, Ramulus Cinnamomi 5 fen, Radix Paeoniae albae 2 qian, Medulla Tora parvula one qian (and) Herba Asari 2 fen. Decoct and take.

**Pure Yin Pattern:** Radix Asarici camischacki prepared one qian, Radix Glycyrrhizae 2 qian, Rhizoma Zingiberis densum 2 qian, (and) Radix Paeoniae albae 3 qian. Decoct and take.

**Yin/Yang Mixed Pattern:** Fructus Pruni mureo 8 qian wrapped in a piece of cloth and cooked into a soup.

**Prognosis:** Mostly not so good in the Pure Yang Pattern, better in the Mixed Pattern, and good in the Pure Yin Pattern.

**Notes:** (According to the) *Shang Han Lun*, "When Shang Han progresses for 6 or 7 days with weak pulse, deadly cold limbs and insensibility, moan Jue Yin. (If the pulse is still) not removed, death (will ensue)." Zhang Lin-can commented that, "It is advisable to moan Spring (Jing) and confluent points of the Jue Yin (channel) and CV-6 (Guanyuan) and CV-10 (Baohu), etc." The Spring (Jing) point is LV-2 (Xingjian) (and) the confluent point is LV-13 (Zhangmen).

(In the) *Shang Han Zhan Sheng*<sup>18</sup> (it states, "In case of) absence of the six pulses due to Shang Han, puncture with tonification technique K-7 (Fulu) to restore the six pulses. Needle LI-4 (Hegu), CV-3 (Zhongli), SI-6 (Zhigou), K-7 (Fulu) and CV-14 (Jiqu) and moan ST-36 (Qichong) 7 cones.

(In the) *Zhao Xu Ge*<sup>19</sup> (it says, "(In) case of) Shang Han with clammy, cold limbs, (one must) search for the pulse Qi. There truly exist two magic points: K-7 (Fulu) is located 2 cun away along the bone; (needling it) returns (warms to) the four limbs and makes pulse Qi flow. (This) depends on understanding Yin and Yang in a reversed order.<sup>20</sup> To verify in case of Cold, select GB-39 (Jiagou).

To reduce in case of Heat, choose GV-39 (again without hesitation). (Obviously) the flooding and floating pulses need purgation and the deep and thready (pulse) require tonification."

The *Zhen Ji's Zhi Sheng Jing*<sup>20</sup> says: "A nobleman by the name of Shi was afflicted by Shang Han and showed no sign of improvement. The doctor felt that he had no further recourse and therefore pondered the places for needling. (He) moxibled 3 cones beneath the (patient's) Adam's apple and ended with moxa at GV-33 (Tiansu). Nothing else ended but magic."

Dea Cai (once) treated a person for Shang Han with headache, high fever, aversion to cold and cough, painful joints, and a deep, tense pulse. Slight alleviation (of these symptoms) occurred after (administering) Hua Cai San.<sup>22</sup> On the 5th day, (the patient developed) delirium and a tendency to sleep day and night and his four limbs were felt to be somewhat clammy. (These symptoms) indicated Kidney Qi Deficiency. (He) recovered after needling of CV-4 (Guanyuan), 100 cones and sweating (induced by) ingestion of Jing Fu Tang.<sup>23</sup> (Another example,) a person contracted Shang Han for six days and on that day looked slightly yellowish all over. A practitioner prescribed Yin Chen Tang<sup>24</sup> and, on the following day, (the patient looked) even more yellowish as if covered by Gardenia seeds. A Tai Yin pattern like this is due to the erroneous ingestion of cooling medications (in which case) Live Wood counteracts upon the Spleen. Only needling of GV-4 (Mingmen) 50 cones and the decoction, Hu Ji Dan<sup>25</sup> cured (the patient).

*Notes by (Cheng) Tan-on:* My old friend Shun (once) treated a Xu in the eastern suburbs of Nan Tang (Sungta Province). With quite a hearty constitution, Xu was afflicted by Shang Han, (the symptoms of which were) aHT and, feverish body, and aversion to cold. Heavy doses of diaphoretics were given but (still) he did not sweat. Bilevels (diaporesis) of BL-12 (Fengmen) (was administered) followed by puncturing HT-5 (Tongli), K-7 (Fuliu), and dispersing LI-4 (Hegu).

(This procedure) took about ten minutes (before he began) perspiring copiously and (the fever) subsided.

There was an old lady named Fu in the northern suburbs of Nan Tang (who was) about sixty years old. All of a sudden her pulse could not be felt (accompanied by) deadly cold limbs with a continuous breath and the eyes closed as if (on the verge of) death. (My friend) Shun was sent for in order to treat her. GV-36 (Renzhong), PC-6 (Neiguan), Extra-1 (Yinxiang) and ST-45 (Lidui) were punctured and the lady gradually came back to life. Their bilateral needling of K-7 (Fuliu) brought about the prominent re-emergence of the pulse. (These stories are) attached herewith in order to verify and illustrate the saying that K-7 (Fuliu) is capable of restoring the six pulses.

#### The Translation Committee

The Doctors Yomen Don Institute of Buddhist Medicine Translation Committee is composed of Zhang Ting-fang, Ross Cranston, Lari Cardona, and Sharon Hollfeld. Mr. Zhang teaches medical Chinese at the Doctors Yomen Don Institute of Buddhist Medicine and Ross, Lari, and Sharon are second year students in a four year course. The translation of primary Chinese medical texts comprises almost one quarter of DYMIM's curriculum.

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#### End Notes

1. Surface is a technical term in Chinese medicine. It implies the superficial level of energy irrigated by the Six Luo and the Jie Jing (the twelve-meridian channels). The Outside (Wai) of the body is always seen in topical juxtaposition to the Inside (Nei) which implied the organs and bowels.
2. Qian, a measurement of weight, approximately three grams.
3. Zhang Han Lun (The Prevalence-Cold Pulse) was written by Zhang Zhong-jing in the late Han dynasty. It was reorganized by Wang Shu-hui, the author of the *Min Jing* (The Pulse Classic) and divided into two sections: *Shang Han Lun* and the *Shi Kai Fan Lun*.
4. The ingredients of Gui Zhi Tang are: Ramulus (Cinnamon), Radix Paeoniae alba, Radix Zingiberis, prepared Radix Glycyrrhizae, and Prepared Zizyphi radice.
5. *Ti Jie Jie Shen* (The Primer of Medicine) was an important and much relied upon Ming dynasty

books were on the clinical practice of Chinese Medicine.

6. *Xin Yi De Xue Fang* (*Effective Prescriptions from the Observations of Medical Practitioners*)
7. One can be either a measurement of weight or length. Here it is a length measurement of weight. Length of length, certain in 1/18 of a cun of Chinese inch.
8. *Xu Wen* (Simple Questions) is the first of the Huang Di Nei Jing's two sections.
9. Outside and Inside are technical, strategic naming terms in Chinese medicine with their own technical definitions.
10. *Yang Shi Zhi Zhong Zhong Yao* (Yang's General Principles of Prescriptions).
11. *Yi Jie Gong Mo* (The Outline of the Study of Medicine), another traditionally popular primer on the practice of Chinese medicine. It was written by Luo Jing and published in 1448 CE (AD).
12. Heat becomes so strong that it enters the Jue Yin phase and becomes a Jue Yin Yang or Liver-Heat giving rise to Heat Above and Cold Below with symptoms such as thirst, upward pulsing of Qi, spirit of restless restlessness, hunger but no desire to eat, and deeply cold limbs. This corresponds to the last phase of a disease transmitted from superficial to Interior according to the Shan Han Lun.
13. *Wen Bing Jiu Chuan* (The Essence of Spring of The Thousand Diseases).
14. Shan is a disease category in Chinese medicine. It refers to problems of the internal and/or spinal region. It is often translated as torrida and most torrida are a type of Shan. However Shan is a more inclusive category encompassing such diverse problems as vertigo and prostate complaints. Chang Tao-an demonstrates in *Chang Tao-an Zhi Zhen Jiu Jue* (A the diagnosis and treatment of the Seven Shan, the subdivisions into which Chinese medicine classically divides this category).
15. *Wenbing X-T* (Pulse).
16. *Xue Fan* of Blood Phases: This is one of the Four Phases of entry of a Hot Evil into the body according to the Wen Bing or Warm Disease school of pathology. This theory developed from Zhang Zhong Jing, through Liu Shizhan of the Jin-Yuan dynasties and came into its own in the early Qing as the result of a number of famous doctors such as Wu Keyun and Yu Yanzhi.
17. Just as Inside and Outside are technical strategic naming terms in Chinese medicine, so Shi Above and Below refers to the Upper Burner and Lower burner in the Lower Burner.
18. *Shang Han Zhong Shan* (The Norm for Shang Han).
19. *Shan Han Gu* (The Song of Behind the Illness).
20. This means that the Five-phase correspondence of the Six points on the Kidney meridian should be covered from the Jing Well point as it's a Yang meridian when treating Kidney Yang or the Ming Men Han. From this point of view, K-7 (Pulse) is the Five points.
21. *Zhen Jie Zhi Zhong Yao* (The Essence of Zhen Jie Zhi Zhong Yao) written by Wang Shu-chuan in 1128-CE (AD).
22. The ingredients of Hua Chai San are: Herba Ephedrae, Cortex Mori radicle, Prunus Persicae, Semen Perispermatis, Perispermatis, Radix Glycyrrhizae.
23. The ingredients of Jue Fu Tang are: Rhizoma Zingiberis and Radix Asacoti calceolanthi prepared.
24. The ingredients of Yin Chen Tang are: Herba Artemisiae scopulorum, Fructus Gardeniae, and Radix Alismatis Rhiz.
25. The ingredients of Bu Yi Dan are: Sulfur and Gallicolanthum Radicem.